

Some Hearts

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK)
音樂: Some Hearts - Carrie Underwood



RIGHT KICK BALL CROSS, RIGHT SIDE SHUFFLE, ROCK BACK, RECOVER, ¼ RIGHT, RIGHT BACK

- 1&2 Kick right forward, step right next to left, cross step left over right
- 3&4 Step right to right side, close left next to right, step right to right side
- 5-6 Rock back onto left, recover weight onto right
- 7-8 Make ¼ turn right stepping back onto left, step back onto right

ROCK BACK, RECOVER, LEFT FORWARD SHUFFLE, ½ LEFT, LEFT BACK, RIGHT COASTER STEP

- 1-2 Rock back onto left, recover forward onto right
- 3&4 Step forward onto left, close right next to left, step left forward
- 5-6 Pivot ½ turn left stepping back onto right, step left slightly back
- 7&8 Step right back, step left next to right, step right forward

Restarts here after wall 3 and wall 6

LEFT FORWARD, HOLD, & LEFT FORWARD, TOUCH RIGHT, SWITCH RIGHT & LEFT & ¼ RIGHT, TOUCH LEFT

- 1-2 Step forward onto left, hold for one count
- &3-4 Step right next to left, step left forward, touch right next to left
- 5&6 Touch right toe forward, step right next to left, touch left toe forward
- &7-8 Step left next to right, step right ¼ turn right, touch left next to right

LEFT SIDE SHUFFLE, BEHIND, UNWIND ½ RIGHT, SIDE BEHIND, ¼ LEFT SHUFFLE

- 1&2 Step left to left side, close right next to left, step left to left side
- 3-4 Touch right toe behind left, unwind ½ turn right transferring weight onto right
- 5-6 Step left to left side, cross step right behind left
- 7&8 Step left ¼ left, close right next to left, step left forward

SIDE, BEHIND, & LEFT HEEL & RIGHT CROSS, SIDE, ½ RIGHT, FORWARD, TOUCH

- 1-2 Step right to right side, cross step left behind right
- &3 Step right to right side, touch left heel diagonally forward
- &4 Step left next to right, cross step right over left
- 5-6 Step left to left side, pivot ½ turn right stepping right to right side
- 7-8 Step left slightly forward, touch right next to left

REPEAT

RESTART

With the Some Hearts track, you will need 2 restarts. For both restarts you will be facing the 12:00 wall. The first is after wall 3 at the end of section 2 (count 16, RIGHT Coaster Step). You will need to a quick '&' step to change weight onto left and then restart

The second restart is after wall 6 at the end of section 2 (same place) BUT you will need to hold for 2 counts and then the '&' step again to change the weight onto your left to start again